

MOVEMENT TIP

Maintain Muscular Balance

When designing a program, select similar number of exercises and sets for opposing muscle groups. Some joints may become more susceptible to injury or altered posture when significantly greater training volume is preformed on one movement and not the opposite movement.

MOVEMENT TIP

Benefit of Lean Mass

A pound of fat takes up more space than a pound of muscle. So even if you weigh more as you go through a program, you'll look far leaner, and you will be faster, stronger, and more confident than ever before.

MOVEMENT TIP

Aches and Pains

Pay attention to the small aches & pains that creep up in your training. Often they are a 'red flag' that some part of your training is not being performed correctly. It may be related to training intensity (over-training), mechanics (compensations), or slight positional faults. Ignoring them can only lead to bigger problems that may significantly impact your training later on.

MOVEMENT TIP

Be Flexible

Flexibility is not only movement through a range of motion, but it is the ability to control the movement through the range. Without neuromuscular control, range of motion is useless. Think of a fast car that can handle successive curves on a road. If the car did not have the appropriate braking and accelerating actions, the drive would not be smooth or safe. The same concept applies to movement in the human body. The greater the flexibility one has, the more coordinated strength is required to direct the movement appropriately.

MOVEMENT TIP

Benefit of Perfect Posture

Perfect posture will dramatically decrease your potential for injury in the lower back, knees, ankles, shoulders, and elbows. For perfect posture, keep your shoulder blades pulled back and down and your tummy drawn up and in. If you're standing with perfect posture, your ears should be in line with your shoulders, your hips with your knees, and your knees with your ankles. If you're seated, there should be a line between your ears and hips.

MOVEMENT TIP

Build a Base with the Foot

Many people are training with improper footwear that affects movement in the entire body. Lack of foot intrinsic (small muscles in the foot) strength can lead to inefficient movement patterns, placing excessive stress on the foot, ankle, knee, hip and low back. To check the status of your arch, see if the inside bones of your feet touch the ground. If so, you can benefit from simple exercises to support your arch. A common exercise used in rehab is to perform toe towel crunches. To perform: sit in a chair with feet flat on the ground with toes pointing straight ahead. Then, place a towel under feet and curl toes trying to pull towel under foot while rolling feet out to lift arch up. Do for 1 minute reps for 3 sets. Improving the strength of your foot intrinsics will build a greater base to move from.